

Pantuso Dance Dance Facts Week 6



Did You Know?

Why IS ballet important? Dancers ask this very question quite often. For most of them it seems like a very strict and boring dance form in comparison to the more popular genres of today. Others consider it beautiful but inaccessible. Whatever the case, perhaps it is time you took a second look and considered why ballet is a great dance form:

1) Ballet is the basic foundation for most forms of dance. Whatever you learn in ballet, it translates to values that can be used to pursue other forms of dance. The alignment and musicality it requires are only some examples of important qualities in most dance styles.

2) The development of discipline and dedication. Ballet technique is very specific and requires practice to improve. In most cases, the qualities of discipline and dedication translate themselves to other areas of life like work and school.

3) Improving posture. Let's face it: everything in ballet requires good posture. In time, the posture utilized in the studio translates to every part of a dancer's life.

4) Improving balance and flexibility. Two large parts of ballet technique which, consequently, diminish the likelihood of injury in ballet, sports, and other dance forms.

5) Increased agility. While often slow and graceful, ballet has its swift moments as well. Football players often attribute speed and agility to their experiences cross-training with ballet during the off season.

6) Aural, visual, and kinetic stimulus. In laymans' terms: You learn to connect verbal commands and musical cues with exercise demonstrations and perform them in our your body. Different parts of the brain are problem solving to perform the movements in time to the music.

7) Confidence. Have you ever seen a five-year-old coming out of ballet class? He/she is most likely smiling and will gladly show you what has been learned. The confidence that ballet instills is not exclusive to the five-year-old demographic. The artistry, musicality, and grace of ballet are great confidence boosters.



*Look for more dance facts from
your Pantuso instructors next Monday...*